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curtine1@attbi.com

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Chuck Ziemer

630-323-8083

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Membership

Ellen Johnson

630-595-4910

Eljohnson@household.com

Standing committees are people who volunteer their time and efforts. They are the people who make the many activities of EBC possible. They call upon you to get things done. **Say Yes!**

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Ted Sward

708-354-5782

Newsletter Collating

Judy Mikesell

630-833-1036

mikesell2@juno.com

Sergeant at Arms

Mike Struglinski

Spin-off



Beginning April 2nd, the Wednesday Night Ride is splitting it's starting locations. The Fast Ride will remain at the traditional location at the Gazebo across the parking lot from the Glen Ellyn Metra Station. The moderate group will move to the parking lot at Maple Street and Park Avenue, just east of the Lombard Library. Check the Ride Schedule on pages 4, 7, and 8 for details.



Cue Sheet

April 2003

Over 25 years and still Riding!

A club serving the western suburbs, Northern Illinois, and beyond.
We ride anywhere, any time of day or night, year round. Come join the fun!

Safety And Such

SAFETY—GROUP RIDING:

When the new riding season rolls around many experience the feeling that their riding skills and comfort on the roads have deteriorated slightly. This is the time to pay particular attention to your riding habits both physical and mental.

Again you will be riding in groups. **GROUP RIDING IS DIFFERENT!!** Here are some tips to help you make the transition safely:

Ride single file.

Leave space between you and the rider in front.

Be predictable—don't make abrupt changes in speed or direction.

Pass on hand and arm signals—for turning, stopping, and hazards.

Pass on verbal signals—stopping, slowing, hazards.

When announcing conflicting traffic—indicate the direction and where the conflict is expected, i.e. "Up-Right" (or Left), "Back-Right" (or Left), "Car-Right" (or Left or Up), etc. It is more important to indicate WHERE the conflict is than WHAT it is.

Be paranoid—Don't do anything that makes you uncomfortable. You are responsible for your own safety. While there may be safety in numbers, the exception could be you. If you cause a slight delay, don't worry—your ride leader will make the needed adjustments.

AND SUCH—THE BEAR FACTS:



After hibernation, bears spend a lot of time stretching. They've got the right idea. Stretching, particularly of the large muscle groups in the legs and back, is the best way to prevent muscle soreness.

Stretching several times a week will tune up the muscles, joints, tendons, and ligaments. If you don't have a stretching routine of your own just do those stretches you learned in high school.

Bears don't wander far those first few days after leaving their caves. They venture out for a few minutes or hours, then crawl back in for a nap. The lesson here is not to get overzealous. Give yourself several weeks to shape up. Start small and build up. A good rule of thumb is to extend your exercise no more than 10% per week. Bear with this routine; it works! (excerpted from RTC magazine)—**Ted Sward 708 354-5782**

Mark Your Calendars

EBC will be riding in the Lombard Lilac Parade again this year. The parade will be Sunday May 18th. at 1:30 pm. We need to line up about 11:30 am. This year we will try some synchronized biking and I'm sure we and the crowd will have a lot of fun with it. The parade theme is "A Salute to Patriotism".—**Betty Bond**

New Spokes on the Wheel
Complied by Database Manager
Mary Moroney
and Membership Chairperson
Ellen Johnson

CHERI O'RIORDAN
CLARENDON HILLS

BALTIMORE & LAURA ORTEGA
CLARENDON HILLS
baltimore_ortega@hotmail.com

RICHARD TIGHE
CLARENDON HILLS
w9rjt@hotmail.com

AND THERE WAS MUCH REJOICING!

A big THANK YOU to everyone who came down to Navy Pier and helped at the Bike Show. Thanks to **David Maki, Joyce Schmitz, and Anne Schmitz** for arriving even before I did for the 12:00 opening on Friday.

Thanks to **Marge Ricke** and **Jeanne Whiting** for working the Friday evening shift. **Jeanne's** "Loud Trout" candy was the hit of the show!

Thanks to **John Park, Mary Park,** and **Sharon Ganske** on Saturday morning. Thanks to **Judy Mikesell** and **Laura Caravello** for Saturday evening, and the interesting trip home.

Thanks to **Mary Jo Bolan, Aaron Beck,** and **Beck Beth** for coming in on Sunday morning, and to **Leo Engstrom** and **Al Stanke** for Sunday afternoon and teardown.

And now—On to Metro Metric!
—Larry Gitchell

We're growing every month!

Type	Memberships	Members
Family	53	130
Individual	134	134
Total	187	264

Staying Connected

Please inform us of any additions or changes to your address, phone number, or email address. We'll print them in **Cue Sheet** as they change. It's our way of updating the EBC Directory on an ongoing basis.

Send changes to:

Mary Moroney

Database Manager

Elmhurst Bicycle Club

P.O. Box 902

Elmhurst, IL 60126

Or Email: cycling33@attbi.com



EBC Hotline—630-415-BIKE

Call for Ride updates, membership, and general information.

To organize an unscheduled ride, call **Ed Curtin**
847-981-1677 or e-mail **Ed** at curtine1@attbi.com

EBC Website

www.elmhurstbicycling.org

March Meeting

Thursday, April 10th, 7:00 PM

At

Community Bank of Elmhurst

—Program—

Randy Warren from the Chicagoland Bicycle Federation

Upcoming Programs

—May—

Lon Haldeman presentation on riding in the
Race Across America, and other cycling subjects.

Collating Party

Friday, April 25th at 7:00 P.M.

At the home of **Judy** and **Charlie Mikesell** in Villa Park

Call **Judy** at **630-833-1036** for details

Deadline Pressure

The deadline for submissions to the May 2003 Ride Schedule is April 12th, the second Saturday of April. Call Ride Captain **Ed Curtin**, **847-981-1677**, email **Ed** at curtine1@attbi.com, or see **Ed** at the monthly meeting. And remember, you can submit a ride to **Ed** anytime for inclusion in the unpublished rides sections of the **HOTLINE 630-415-BIKE** and website www.elmhurstbicycling.org. Unpublished rides are also posted to the club list server.

Editorial Guidelines

Cue Sheet welcomes articles, comments, notices and want ads. Please limit the length of all items to 1/2 page or less. Remember to keep it interesting, timely, and leave your reader wanting more. Proofreading or at least a pass through the spelling checker is a must! Please keep fancy formatting to a minimum, as items will have to be reformatted for publication. The editor retains the right to reduce or revise copy, as well as deciding when and if it is printed. Thanks for helping to make **Cue Sheet** the best bike club Newsletter anywhere!

The deadline for the May 2003 Cue Sheet is Monday, April 14th.

Send items to:

Larry Gitchell

315 E. Palmer Ave.

Northlake, IL 60164-1843

Phone: **708-409-0105** or **708-421-0120** (both lines have voicemail)

Email: LarsofMars@aol.com

Finger Lakes Rides



Join us July 13-23 in Upstate New York for 10 days of riding in this fabulous area of the Empire State. Wineries, waterfalls and 10 lakes to explore. We will be using routes from Back Country Publications book "30 Bicycle Tours in the Finger Lakes Region."

Laura and I have used this series of books for rides in Wisconsin, the San Juan Islands and Maine and find them to be excellent. Rides can vary from 20 to 90 miles, both inland and circling the lakes. The rides are mostly easy to moderate with a few segments rated difficult. From looking at the pictures this looks to be like riding in the Driftless area west of Madison, WI.

We will be staying at the Gables Bed and Breakfast in Watkins Glen from 7/13—7/18 and the Bed and Breakfast at Oliver Phelps in Canandaigua from 7/19—7/23. Some riding will be from the B&B's and other rides will require short drives to the starting locations.

We plan to take one non-riding day to visit Cornell University and the Corning Glass (Steuben) glass Museum. Along the routes are many historical sites and this is the second largest wine producing area in the US after California. (Do I put a Cabernet or Chardonnay in my CamelBak today?)

If you are considering this trip we suggest you book a B&B soon as this is high season and they are already taking many reservations. The drive from Chicago is about 700 miles.—**Laura and Rich Kuhlman**

Greater Madison Rides

Memorial Day Weekend, May 24-26, 2003

Hotel Information



If you plan to attend the Greater Madison Rides, I recommend the Hampton Inn Madison West 516 Grand Canyon Drive 608-833-3511.

They have set aside 10 rooms with 2 beds for the EBC on May 24 and 25. The rate with an AARP discount is \$75.60 per night. Mention the EBC when booking the room.

Here is a description of the hotel: "Just 12 miles from the city center, this comfortable hotel is within walking distance of great restaurants and the West Towne Mall. Guestroom amenities include a free TV movie channel, private coffee makers, and a convenient data port for business travelers. Start the day with a delicious complimentary deluxe Continental breakfast after a workout in the fitness center or a few laps in the indoor pool."

Larry Gitchell 708-409-0105 or LarsofMars@aol.com

Tick...Tick...Tick...120 and Counting...

4 months, or 120 Days—That's how long it is until Metro Metric—July 27, 2003, starting once again from Beecher Community Center in Yorkville, Illinois! Contact Metro Metric Chairperson **JoAnne Dezur at 630-833-7688** or **Cyclejoey@aol.com** and help out with the EBC's most important annual event.

Door County 2003



For those of you that are interested we are attempting to plan another bicycle ride in Door County. The tentative dates are May 31 thru June 4th. This trip will start on a Saturday which hopefully will give people who work a chance to at least come and ride with us on the weekend. We will be staying at the same place—The Pine Grove Motel, and we are still in the pre-season fee range approximately \$185.00.

If you are interested please either e-mail or call me so that I can see if there are enough people who would like to go at that time. Talk to someone who went last year, we had a great time, I have pictures if you would like to see them.

Thanks **Joanne DeZur 630-833-7688** or **cyclejoey@aol.com**

Illinois Amishland Ride

June 21-28th



We will be going to Illinois Amishland—The Arcola, Arthur, Atwood area, which is just south of Champaign. We will be staying in local motels. If you are interested in making this trip call **Mike Struglinski at 708-246-2089**

Bike Southwestern Utah



Utah has 7 National Parks for good reason. Beauty abounds, the scenery is awesome. If you haven't bicycled from Zion to Bryce Canyon here's your chance to experience one of life's great gifts.

We will do a loop that will take in Zion, Pipe Springs National Monument, Coral Pink Sand Dunes State Park, Bryce Canyon and Cedar Breaks National Monument. It's only a days ride from one

to the other but we will take days off to enjoy. Exact dates not firm but will be around September 12 to 22. Starting from St. George. Self contained touring, camping. No vehicles following. **Dick and Freda Diebold 847-891-6010 Gobybicycle@aol.com**

Cue Sheet will publish your want ads—free!

E-mail **Larry Gitchell at LarsofMars@aol.com** or mail to **Larry Gitchell 315 E. Palmer Ave., Northlake, IL 60164-1843**

Please let us know when your articles have been sold or when your Equipment Wanted request has been filled.

Ads will be deleted after three months. Notify us if you want them to run longer. Space permitting, we will accommodate you.

For sale: Bike Pro USA bike case for sale. Used twice in excellent shape, includes wheel bags. Case sold through Colorado Cyclist for \$380 plus \$34 shipping. Asking \$325 Dimensions: 46 x 30 x 10 Will fit bikes with seat tube of 23" or smaller. Check out website <https://www.bikeprousa.com/> to properly size it. Case too small for my bike. **708-344-9847** home **847-632-3881** work **Zyg** (03/03)

For Sale: Saris Bones Trunk Racks (3 Bike) Engineered resin construction is the strongest on the market. Six strap system securely fastens rack to vehicle. Fits sedans, hatchbacks, and minivans. Anti-sway arms adjust to hold women's, children's, and BMX style frames. Arc base design fits over most spoilers and holds bikes at different levels. Like New - \$60 (firm) Regular Price \$140 Contact: **Jerry Levinson 708-524-1583** or **sonoflev@attbi.com** (01/03)

Down to the last 2 Velo jerseys, only \$45 each, size XL You can take them both for \$85 Contact **Sharon at 630-462-3734** (02/03)

April 2003

ELMHURST BICYCLE CLUB CALENDAR

APPROVED SNELL or ANSI HELMET IS RECOMMENDED ON ALL RIDES.
 USE OF HEADPHONES IS PROHIBITED BY THE ILLINOIS VEHICLE CODE,
 AND THEREFORE IS NOT ALLOWED ON ELMHURST BICYCLE CLUB RIDES.
 CALL THE EBC RIDE HOTLINE 630-415-BIKE FOR UPDATES.

Disclaimer

Elmhurst Bicycle Club Release and Liability Waiver

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of EBC) who wish to participate in any EBC bicycle ride **must** sign the equivalent release and liability waiver contained on the EBC Ride Sheet before the ride starts. Any guest refusing to sign the release and liability waiver may **not** participate in the ride. Should the ride continue, however, with the participation of the non-signing guest, the ride will no longer be considered to be an EBC sponsored or sanctioned ride.

Date	Time	Distance	Start	Ride Leader	Ride Description
Sat., Mar 29	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Mar 30	9:30 AM	20-25 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	This will be a non-stop 90-minute ride. Leader will show up as long as the forecasted high temperature is at least 20 degrees. Call if you have any questions.
Sun., Mar 30	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., Apr 1	9:30 AM	15-20 miles 8-10 mph	Waterfall Glen Northgate Parking Lot	Mary Lou Rauh 630-323-5930	New Adventure Ride
Wed., Apr 2	9:00 AM	25 miles 10-12 mph	McCullom Park Downers Grove	Carol Nield 630-964-2488	This will be a scouting ride on the Woodridge bike paths and Southern DuPage County Regional Trails. Bring snacks.
Wed., Apr 2	6:30 PM	Distance TBD 10-12 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park., one block West of Main Street, Lombard.
Wed., Apr 2	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., Apr 5	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Apr 6	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., Apr 6	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Apr 6	1:00 PM	15-20 miles 8-10 mph	Villa Park Depot	Kacy Worcester 630-941-8532	Daylight Savings Ride A New Adventure ride. Ride is cancelled if raining.
Mon., Apr 7	6:00 PM	25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	Spring Tune-up Ride A moderate paced ride out towards Salt Creek Bike Trail. Lights recommended.
Tues., Apr 8	9:00 AM	20 miles 8-10 mph	Villa Park Depot	Walter Chlipala 630-832-9390	New Adventure Ride Ride to Wheaton with a stop at Einstein's or McKee Dee's.
Tues., Apr 8	7:00 PM	Board Meeting	Sharon Ganske's House	Sharon Ganske 630-462-3734	Monthly Board Meeting
Wed., Apr 9	9:30 AM	15-20 miles 10-12 mph	Caribou Coffee Shop Schaumburg	Freda Brown 847-891-6010	Do the Busse Woods Loop and back. Caribou Coffee Shop is located at the SW corner of Roselle and Schaumburg Roads.
Wed., Apr 9	6:30 PM	Distance TBD 10-12 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park., one block West of Main Street, Lombard.

The time of the event shown in the calendar above is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc.. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.

Annual Earth Day Trail Cleanup

of the Illinois Prairie Path
& Great Western Trail

Saturday, April 26, 2003

No Rain Date

Starting at 9:00AM

The Elmhurst Bicycle Club will once again take responsibility for cleaning a section of the Great Western Trail between Schmale Road on the east and Gary Avenue on the west. Last year approximately 30 members volunteered to help clean up the trail. It's a great time to meet and greet some of your fellow EBC Members, and it's a great feeling to be helping to keep our trails clean. Please consider coming out to help us this year. The staging area will be the parking lot of the DuPage County Farm Bureau Foundation located at the Northeast corner of Gary Avenue and St. Charles Road (south of the Great Western Trail). Bring friends and family, sturdy gloves, and garbage bags to fill on Saturday, April 26th. The cleanup will last until approximately noon. For further information on EBC participation in this event, contact Ed Curtin at 847-981-1677 or e-mail curtine1@attbi.com

DuPage County Initiates East Branch DuPage River Greenway Trail Feasibility Study

DuPage County has hired the planning-engineering consulting firm of TranSystems Corporation of Schaumburg to assist the County in preparing a feasibility study for a new trail along the East Branch of the DuPage River through central DuPage. The goal of the study is to plan a trail (using a combination of off-road and on-road bike-ways) which will link Itasca with Woodridge and connect to the Illinois Prairie Path and the Great Western Trail.

A conceptual trail along the East Branch of the DuPage River has been shown on the DuPage County Regional Bikeway Plan since 1996 but no detailed planning work has been done to determine a feasible route. TranSystems Corporation worked with the County to complete a similar study for the Southern DuPage County Regional Trail in 2001.

This new study begins in March and is scheduled to be completed by the Fall 2003. One of the first steps in the planning process will be to hold a public input meeting to allow trail users, organizations, and citizens an opportunity to provide suggestions regarding the new trail.

Approximately 75% of the cost for the \$99,000 feasibility study will be provided by a U.S. Department of Transportation grant administered on the State level through the Illinois Department of Transportation in coordination with the Federal Highway Administration.

For further information on this project, please contact Deborah Jan Fagan, DuPage County Trail System Coordinator, at 630 681-2221.

Advocacy issues:

Two important issues regarding Cycling Advocacy: Don Kirchenberg, Chairman of Friends of the Great Western Trail urges us to contact members of the DuPage County Board, the Environmental Committee, and the Transportation Committee regarding the more extensive cutting that has been in progress along the Prairie Path. Go to this site: <http://www.co.dupage.il.us/cobrd/members.asp> or call the County at 630-682-7440 to get your County Board members name and contact information. For further information please contact Don Kirchenberg, Chairman, Friends of the Great Western Trail, Home Office: 630-682-9297, Email: FrndsGrWstnTrl@aol.com

The League of Illinois Bicyclists informs us that last month in Springfield, cyclists won an important victory in restoring our rights to the road when House Bill 1248 passed a vote in the House Judiciary Committee. However, Senate Bill 1275 did not fair as well when it was voted down in the Senate Judiciary Committee.

Senate Bill 1275 was subsequently amended and passed by a Judiciary Committee vote of 10-0 on March 11. Your help is still needed in contacting state legislators in support of these bills which will remove the liability disincentives that resulted from the *Wayne vs Boub* decision back in 1998, and restore Illinois Bicyclist's rights to the road. You can use this web adress to find out who your state representative is, or contact Ed Barsotti, Executive Director of the League of Illinois Bicyclists at 630 978-0582 or email ed@bikelib.org

BIKE CLUB INVITATIONALS

Have you ever thought about doing an invitational Bike Ride and wondered if anyone else in the club was going? We are starting a new service to help you hook up with other EBC riders. **Carol Nield** will be acting as the EBC Bike Invitational Coordinator. Call **Carol** at **630-964-2488** to let her know you plan to do an Invitational and/or to find out what other club members are going so you can meet up with them at the ride or car pool if convenient. We are offering this service to encourage participation in other Bike Clubs' Invitationals. Remember to keep track of your "invitational miles" and turn them in to Carol at the end of the biking season.

April and May Invitationals

April 6	Spring Forward — Schaumburg Bike Club — Union, Ill
April 13	Easter Ride — Folks on Spokes — Governor's State Univ.
April 27	Silver Springs 60 — Fox Valley Bicycle Club — Yorkville
May 4	Sudden Century — Joliet Bike Club — Minooka , IL
May 4	Prairie Pedal — Grayslake, IL
May 18	Rock 50/50 Bike Tour — Janesville, WI
May 24 and 25	Stateline 60 — Roscoe, IL

Date	Time	Distance	Start	Ride Leader	Ride Description
Wed., Apr 9	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Thu., Apr 10	7:15 PM	Monthly Club Meeting	Community Bank Of Elmhurst	Bob Sack 630-323-5711	Monthly club meeting at the Community Bank of Elmhurst located at 330 W. Butterfield Road at the corner of Spring & Butterfield Rd., Elmhurst. The program will be a presentation by Randy Warren, Program Director of the Chicagoland Bicycle Federation. Randy will update us on what's new and shaking at the CBF.
Sat., Apr 12	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sat., Apr 12	9:30 AM	10 or 40 miles	Old Plank Trail Frankfort, IL	Judy Mikesell 630-833-1036	Ride The Old Plank Trail A great spring ride on a paved flat trail. Ride at your own pace & lunch at the Frankfort Deli. Take Route 45 South to Route 30. Cross Route 30 and take the first turn left, which will be White Street. Take White Street into Frankfort and the bike trail.
Sun., Apr 13	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., Apr 13	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Apr 13	1:00 PM	15-20 miles 8-10 mph	Villa Park Depot	Kacy Worcester 630-941-8532	Palm Sunday Ride A New Adventure ride. Ride is cancelled if raining.
Mon., Apr 14	6:00 PM	25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	Pre-Tax Ride Moderately paced ride in the general direction of Franklin Park and River Grove. Lights recommended.
Tues., Apr 15	9:00 AM	18 miles 8-10 mph	Depot Elmhurst	Joanne DeZur 630-833-7688	New Adventure Ride Ride the Prairie Path or streets depending on conditions, to Einstein Bagels, one of our contributors for the Metro Metric XXIII
Wed., Apr 16	9:00 AM	33 miles 12-14 mph	Tampier Lake Boat Rental parking lot	Leo Engstrom 708-598-6930	Ride to Pilcher Park Take Route 83 South. At 107 th Street Route 171 joins Route 83. Stay on Route 171 to Bell Road (stop light). Turn left (South) on Bell Road to 131 st Street. Go left (East) on 131 st Street to boat rental starting point (2 miles). Parking lot is on the right side of 131 st Street.
Wed., Apr 16	6:30 PM	Distance TBD 10-12 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park., one block West of Main Street, Lombard.
Wed., Apr 16	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Fri., Apr 18	6:00 PM	12 miles 10-12 mph	Villa Park Depot Villa Park	Judy Mikesell 630-833-1036	Ethnic Dinner Ride Ride the IPP to dinner. Lights will be required.
Sat., Apr 19	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sat., Apr 19	9:30 AM	25 miles 9-12 mph	Villa Park Depot Villa Park	Judy Mikesell 630-833-1036	A trail ride with several stops along the way. Bring money for lunch.
Sun., Apr 20	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., Apr 20	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Apr 20	11:00 AM	15-20 miles 8-10 mph	Villa Park Depot	Kacy Worcester 630-941-8532	Easter Sunday Ride A New Adventure ride. Ride is cancelled if raining.
Mon., Apr 21	6:00 PM	25 miles 12-14 mph	Depot Elmhurst	Larry Gitchell 708-409-0105	Patriot's Day Ride (it's a holiday in Massachusetts) A moderately paced ride out toward America's Best Hobby Shop in Itasca. Road ride. Bring a lock. Lights recommended.
Tues., Apr 22	9:00 AM	15-20 miles 8-10 mph	Waterfall Glen North parking lot	Mary Jo Bolan 630-887-9652	New Adventure Ride Ride around D.G. – Darien & surrounding towns.
Wed., Apr 23	9:00 AM	45 miles 12-14 mph	Delles Park Wheaton	Lou Fish 630-668-3446	Wheaton to Elgin on the Prairie Path. Delles Park is located 1 Block West of Carlton and 1 Block North of Roosevelt Road. Park along the North edge of the park.
Wed., Apr 23	6:30 PM	Distance TBD 10-12 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Library and Lilacia Park., one block West of Main Street, Lombard.
Wed., Apr 23	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.

The time of the event shown in the calendar above is the actual departure time. Please allow time for bicycle assembly and inspection, filling of water bottles, inflating tires, etc. prior to departure. The advertised pace will be at the discretion of the ride leader to allow for resistance to the wind and terrain. The pace is considered to be the maximum speed attained on a level road without appreciable head wind or tailwind. Please select the ride that best fits your ability. Know for yourself whether you are comfortable to sustain the pace and finish the advertised distance.

Date	Time	Distance	Start	Ride Leader	Ride Description
Fri., Apr 25	7:00 PM	Monthly Collating Party	Judy Mikesell's House Villa Park	Judy Mikesell 630-833-1036	Newsletter Collating Party Join fellow members in preparing next month's newsletter. Call Judy for directions.
Sat., Apr 26	9:00 AM	2 to 3 hr clean-up	Northeast Corner of St.Charles Road & Gary Avenue.	Ed Curtin 847-981-1677	Annual Earth Day Trail Cleanup The Elmhurst Bicycle Club will be responsible for cleaning a one mile portion of the Great Western Trail between Schmale Road & Gary Avenue.
Sat., Apr 26	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., Apr 27	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., Apr 27	12 Noon	Ride Leader, Dis- tance, & Pace TBD	Gazebo Glen Ellyn	Show & Go	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Sun., Apr 27	1:00 PM	15-20 miles 8-10 mph	Villa Park Depot	Kacy Worcester 630-941-8532	Almost May Day Ride A New Adventure ride. Ride is cancelled if raining.
Tues., Apr 29	10:00 AM	35-40 miles 12-14 mph	Depot Elmhurst	Betty Bond 630-932-0271	Double Dippin' at Ben & Jerry's. Bring a lunch or you may eat at a deli close to our stop. We will be having a "treat" in Schaumburg and Elmhurst. Note: This is NOT a New Adventure Ride.
Wed., Apr 30	9:00 AM	35 miles 10-13 mph	Villa Park Depot	Walter Chlipala 630-832-9390	Ride to Deerfield Bakery
Wed., Apr 30	6:30 PM	Distance TBD 10-12 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Li- brary and Lilacia Park., one block West of Main Street, Lombard.
Wed., Apr 30	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., May 3	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., May 4	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., May 4	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.
Tues., May 6	9:00 AM	17 miles 8-10 mph	Elmhurst Depot	Chuck Ziemer 630-323-8083	New Adventure Ride Ride the perimeter of Elmhurst.
Wed., May 7	9:00 AM	25 miles 10-12 mph	Spring Rock Park Western Springs	Ted Sward 708-354-5782	Oak Brook Nooks & Crannies. Lunch at the Lodge.
Wed., May 7	6:30 PM	Distance TBD 10-12 mph	Parking lot at Maple St. & Park Ave. Lombard	Sharon Ganske 630-462-3734	Wednesday Night Intermediate Pace Ride The ride start location is the parking lot located at the intersection of Maple St. and Park Ave. just East of the Helen Plum Memorial Li- brary and Lilacia Park., one block West of Main Street, Lombard.
Wed., May 7	6:30 PM	Determined by Riders That Show	Gazebo Glen Ellyn, IL	Determined by Riders That Show	Wednesday Night Fast Pace Show and Go. The riders that show will decide the ride leader, distance and pace.
Sat., May 10	9:00 AM	Determined by Riders That Show	Depot Elmhurst	Determined by Riders That Show	Weekly Show & Go. The riders that show will determine the ride leader, distance and pace. The start location is in the parking lot off of Vallette Ave. just East of York Rd. & just South of the IPP.
Sun., May 11	8:30 AM	33-38 miles 16-18+ mph	Big Apple Bagels Elmhurst	Dave Polkow 630-832-8131	Come on out and join Dave on his weekly Sunday morning ride. The ride will be finished by 11AM. Bring snacks for one rest stop.
Sun., May 11	12 Noon	Determined by Riders That Show	Gazebo Glen Ellyn	Determined by Riders That Show	Weekly Show and Go. The riders that show will decide ride leader, distance and pace.

WANTED: Sunday morning ride leader or leaders to lead a more moderately paced version of the Sunday morning ride that I lead now. Starting in May, I want to follow in the tire tracks of the very successful Wednesday night rides and add a second ride at a slower pace. I can furnish the ride leader with cue sheets for rides in every direction out of Elmhurst. The basics would be that this ride would be starting at 8:30 and finish at 11:00 doing about 18-25 miles depending on the pace. The pace is up to whoever would like to be the leader, but I suggest around 11-13. Please contact me if you are interested in helping get this started.

David Polkow 630-832-8131 or email dapolkow@aol.com



Tyvek Jacket Update

The above is the jacket design we are getting—
Due to availability of material, we can't get the same
pattern as the earlier EBC Jackets.

Contact **Bill Angevine** at Zippy928@hotmail.com or
Sharon Ganske at **630-462-3734** to purchase one.

Directions to ride starting locations

Starting Point	Directions
Community Bank of Elmhurst Elmhurst, IL	330 West Butterfield Road, at the intersection of Butterfield Road and Spring Road. The Community Bank is on the southwest corner. Meeting room is on the second floor. Please don't bring bikes into the meeting room.
Depot Elmhurst, IL	Rides start from the public parking lot just east of York Road on Vallette Street. Vallette St. is ¼ mile south of St. Charles Road, York Road is 1 mile west of I-290.
Gazebo Glen Ellyn, IL	On the Prairie Path between Park Ave and Main Street. By car, take Roosevelt Road (Route 38) or North Ave. (Route 64) to Main Street Glen Ellyn (about 1 ¼ miles west of I-355) and head into downtown Glen Ellyn. The Gazebo is in the middle of the train station parking lot on the south side of the UP tracks.
Busse Woods Elk Grove Village, IL	Take I-290 (Route 53, I-355) to Biesterfield Road East. Beisner Road is the 1 st light East of I-290. Turn North (left) on Beisner Road. Busse Woods entrance is approximately 2 blocks on the left. Ride starts in the first parking lot from the entrance.
Spring Rock Park Western Springs, IL	Spring Rock Park is located at 47 th Street and Central, just East of I-294 (Tri-State Tollway). The parking lot entrance is off Central north of 47th Street.
Villa Park Depot, Villa Park, IL	The Villa Park Depot is located at the intersection of Villa Ave. & Park Ave. on the IPP. Approximately 2-3 blocks South of the Villa Ave. & St. Charles Road intersection in Villa Park.
Volunteer Park Wheaton, IL	Milepost zero on the Prairie Path Main Stem., at the intersection of Liberty and Carlton Streets in Wheaton. ¼ mile north of Roosevelt Road, ½ mile west of Main Street / Schmale Road.
Waterfall Glen Forest Preserve Darien, IL	Rides typically start from the parking lot on Northgate Road. This is just south of Interstate 55 and just to the west off of Cass Avenue.
Big Apple Bagels Elmhurst, IL	Big Apple Bagels is located at the corner of York Street and Schiller Ave. in downtown Elmhurst. Schiller is about ¼ mile south of North Ave. (Route 64) and York Street is about 1 mile west of Interstate 290. Note that York Street is one way going North through downtown.

MEMBERSHIP APPLICATION

Individual(\$20) Family(\$25) New Renewal

[Indicate with ** next to any information you **do not want** to appear in the club directory]

EBC's membership year runs from January 1 to December 31.

Joining after October 1 continues your membership through the following year.

Name _____
(If family membership, list names of all members)

Address _____
(Street) (City) (State) (Zip)

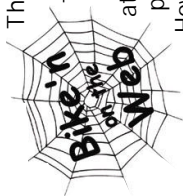
Phone—Home _____ Work _____ E-Mail _____
 — Check here if you **do not** want your email address to be added to the club list server.

The Following Is A Release And Waives Your Rights In the Event of Injury and/or Death. In consideration of being permitted to be a member of Elmhurst Bicycle Club and to participate In club rides and/or events, including transportation to and from same, I do hereby for myself, my heirs, executors and administrators, release, waive and forever discharge Elmhurst Bicycle Club, its officers and members from any and all claims, demands, actions or liabilities on account of any injury to me which may occur from any cause whatsoever, including negligence or other fault on the art of anyone released hereunder, during my participation In or transportation to or from said rides and/or events. I ACKNOWLEDGE I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN SAID CLUB ACTIVITIES, AND I DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK AND RESPONSIBILITY. I FURTHER UNDERSTAND THE CLUB DEPENDS ON ITS MEMBERS TO PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS RELY ON THE PROTECTION AFFORDED HEREUNDER. I hereby further agree to operate my bicycle in a manner that is safe to me and those around me, to observe all applicable safety regulations and to conduct myself In a manner that will be complimentary to the sport of bicycling. It Is my intent that this release and waiver apply at all times, notwithstanding that my membership in the Elmhurst Bicycle Club may have expired, elapsed, been renewed or reinstated after a period of non-membership. I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FOREGOING RELEASE AND WAIVER AND UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURRENCES WHICH MAY NOT YET HAVE OCCURRED AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING, I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT BE FOREVER ENFORCEABLE.

Date _____ Signature _____

Signatures of adult family members for family Membership _____

Mail to: **Elmhurst Bicycle Club**
P.O. Box 902
Elmhurst, IL 60126



This month we are going to look at a group of sites that answer some often asked questions about cycling.

The first of these is, **"Should I rotate my tires?"** The answer can be found at cycling guru Sheldon Brown's web site at www.sheldonbrown.com/tire-rotation.html. You may be surprised at the answer and how it relates to the issue of safety.

How many times have you heard a cyclist say, "I just don't have the right gears for hill climbing?" **"Will a new cassette really help me?"** The answer to what effect a cassette gear change will have on your pedaling effort can be found in chart form at www.i1.net/~dwolfe/gerz/ or in an on-line gear calculator from Sheldon Brown at www.sheldonbrown.com/gears/.

Planning one of those special summer road trips to enjoy some new cycling destinations? **"Is there a good Bed and Breakfast near where we will be cycling?"** www.bandb.miningco.com/msub24.htm. Is a good place to start looking. It features bicycle friendly B&Bs, many of which can help with ride route suggestions. Many of these are also used by touring companies and are very familiar with cyclist's needs.

And I will finish this months column with the whopper of all questions, **"What is the best frame material?"** This question gets more difficult every year. Most expert opinions have you look at this question in two parts, how will you be using your bike and how much can you afford to spend.

It used to be that the choices were steel, aluminum, titanium and composites (usually but not always carbon fiber). Today this is blurred with titanium/carbon, steel/carbon, aluminum/carbon combination frames as well as a brand new frame material, magnesium, used in a magnesium/carbon combination by Pinnarello (www.pinnarello.com).

Most manufacturers will give some comparisons of materials on their web sites but these tend to be slanted toward the materials they offer. One pretty straightforward site with a description of the basic materials can be found at www.citybikes.com/bikes/frame_materials.htm and our old friend Sheldon Brown has a discussion of frame materials for touring bikes at www.sheldonbrown.com/frame-materials.html.

The most in-depth discussion of frame materials and the manufacturing processes used with them that I have ever seen can be found in the four part article titled "Project 3" located at <http://www.composite.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.egr.msu.edu%2FMSM%2Fdept%2FKWON%2F>. This article is definitely for the engineering types out there. I really apologize for the length of the link if you decide to go there.

NEXT MONTH: Where can I find a web list of touring companies?
Submitted by **Rich** (Bike'n at the speed of the internet) **Kuhiman**

www.elmhurstbicycling.org

Elmhurst Bicycle Club
P.O. Box 902
Elmhurst, Illinois 60126



**AFFILIATED WITH THE CHICAGO AND BICYCLE FEDERATION,
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THE LEAGUE OF ILLINOIS BICYCLISTS,
LIFE MEMBER ILLINOIS PRAIRIE PATH,
MEMBER CONSERVATION FOUNDATION,
RAILS TO TRAILS CONSERVANCY,
ADVENTURE CYCLING,
AND PROUD SPONSOR OF THE
CHUCK PAVEL HELMETS FOR KIDS PROGRAM**